

IN THE CLAIMS

Each claim of the present application is set forth below with a parenthetical notation immediately following the claim number indicating the current claim status. The Examiner's entry of the claim amendments, as shown in marked-up form, under Section 1.121 is respectfully requested.

1. (CURRENTLY AMENDED) An exercise collar comprising:

a flexible cylindrical ~~curved~~ enclosure defining an interior volume and having a substantially circular cross-section, the enclosure for encircling the neck with a first and a second end surfaces of the enclosure extending in a direction toward a front of a wearer's body;

a first and a second handle supported proximate at the first and the ~~a~~ second end of the enclosure; ~~and~~

~~an~~ closable opening formed in the enclosure for receiving ballast material within the enclosure to add weight to the enclosure- ~~;~~ and

the enclosure having a relatively flat configuration in the absence of ballast material and having the cylindrical configuration when the ballast material is present therein, the enclosure further having an indicia representative of a weight of the collar.

2. (ORIGINAL) The exercise collar of claim 1 wherein a material of the enclosure comprises a flexible material such that the exercise collar is wrapable around a neck of the user for resting on shoulders of the user when the user is erect, and wherein the first and the second handles face in a direction forward of the user.

3. (ORIGINAL) The exercise collar of claim 1 wherein a length of the enclosure is related to a desired weight for the exercise collar.

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5. (CURRENTLY AMENDED) The exercise collar of claim 1 ~~claim 4~~ wherein a diameter of the substantially circular cross-section enclosure is related to a desired weight for the exercise collar.

6. (ORIGINAL) The exercise collar of claim 1 wherein a material of the enclosure is substantially non-porous to liquids.

7. (ORIGINAL) The exercise collar of claim 1 wherein a weight of the exercise collar is determined by a quantity and a density of the ballast material.

8. (ORIGINAL) The exercise collar of claim 1 wherein the enclosure is contoured to fit around a user's neck.

9. (ORIGINAL) The exercise collar of claim 1 further comprising a cap for removably closing the opening.

10. (ORIGINAL) The exercise collar of claim 1 wherein the opening is disposed on an upper surface of the enclosure.

11. (ORIGINAL) The exercise collar of claim 1 further comprising a plurality of closable openings.

12. (ORIGINAL) The exercise collar of claim 1 wherein the first and the second handles are disposed on an upper surface of the enclosure.

13. (CURRENTLY AMENDED) The exercise collar of claim 1 ~~wherein the enclosure comprises a substantially cylindrical enclosure further comprising first and second end surfaces, and~~ wherein the first and the second handles are disposed on the first and the second end surfaces, respectively.

14. (ORIGINAL) The exercise collar of claim 13 wherein the first and the second handles comprise elongated members.

15. (ORIGINAL) The exercise collar of claim 13 wherein each of the first and the second handles comprises a closed curved member.

16. (ORIGINAL) The exercise collar of claim 1 wherein each of the first and the second handles comprises an elongated member having opposing first and second end surfaces, and wherein the first and the second end surfaces are affixed to the enclosure to form a closed gripping surface.

17. (WITHDRAWN) A portable storage rack for a curved exercise collar, comprising:

a plate for supporting the exercise collar;

a frame attached to the plate and extending downwardly therefrom; and

wheels attached to the frame.

18. (WITHDRAWN) The portable storage rack of claim 17 wherein the plate comprises a curved plate having a curvature corresponding to the curvature of the curved exercise collar.

19. (WITHDRAWN) A storage rack for a curved exercise collar, comprising:
a vertical trunk member; and
elongated members affixed to and extending substantially laterally from the trunk member for supporting an exercise collar.

20. (WITHDRAWN) The storage rack of claim 19 wherein the elongated members are selected from between substantially flat plate members and rib members.